



Hello!

Here is your Health Kit for November 2021. Please take a few minutes to distribute all materials via email and share this message. Your dedication to wellness makes a difference. Thanks for your efforts!

Eating healthy doesn't mean you have to spend more money. This month's Health Kit provides simple, cost-saving ways for you and your family to eat well and stay within your budget.

Poster

Follow these tips to help you eat well without breaking the bank.

[Download Poster](#)

Brain Game

Find these words associated with healthy eating on a budget.

Download Game

Recipe

This month's recipe is healthy and budget-friendly!

Download Recipe

Podcast

This episode provides four tips to help you choose healthier foods while saving money.

Listen

Short Video

Watch this short video to learn about grocery shopping and budget apps you can use to stay on track.

Watch Video

Additional Information:

[For More Information on Healthy Eating on a Budget](#)

Coming up...

Tune in next month for information and tips on relaxation.